



Parenting in a Pandemic Webinar Series

Presenter: Erin Walsh, Spark & Stitch Institute

Parents are juggling a lot right now as they navigate the competing demands of work, parenting, and schooling during COVID-19. While each family faces a unique set of challenges, all parents need additional support right now as they work to stay connected to their kids and bring their best selves to work. This webinar series is designed to build on parents' strengths, deliver practical strategies for navigating parenting challenges, and strengthen our connections during a challenging time.

Webinar series options:

Working and Parenting at Home: Dreams, Realities, and Survival Strategies

Many parents working from home during COVID-19 are trying to do multiple full time jobs at the same time. Zoom meeting interruptions are the least of many family's concerns as they navigate competing demands, overwhelm, and burnout. Parents deserve extra support as they figure out how to focus, build new habits, and sustain work and learning this year. This short workshop is packed full of practical ideas and strategies for coping and staying grounded while working and parenting at home.

Parenting in a Pandemic: The Many Faces of Stress

It is no surprise to anyone living through the COVID-19 pandemic that kids and adults alike are experiencing a great deal of stress. Whether it is uncertainty, upset routines, economic insecurity or lack of social support, the list of stressors is long and varied. The challenge is that children often express stress through challenging behaviors. Learn more about what stress looks like in kids and teens and ways to respond that build your family's resilience instead of eroding it.

Staying Engaged in Learning and Work: The Science of Motivation

You don't have to go far on the Internet these days to find tips for how to "stay productive" during the pandemic and ideas for how to motivate kids despite changing routines and high uncertainty. The reality on the ground though is that productivity and high motivation become more elusive as the pandemic wears on. Understanding the science of motivation can help us keep our eyes on how to nurture it in our kids – not just for the sake of getting more done but for everyone's mental health and wellbeing.



Screen time During COVID-19: Three Supportive Insights From the Research to Guide Your Parenting Today

Our reliance on screens has increased as school, socializing, and work move online. It is not useful to add screen time guilt to your list of family stressors. Yet working parents everywhere are eager to do what's best for their kids and are worried about the impact of technology on their kids' learning and social emotional development. Get key insights from the research that will help you navigate screen time struggles and take advantage of digital opportunities while minimizing risks.

Parenting in a Pandemic: Setting Limits and Avoiding Power Struggles

Parenting and working at home during COVID-19 is challenging and we can quickly get pulled into conflict and power struggles with our kids. During times of stress, it can be hard to know when to be flexible and when to hold the line. Learn more about why kids and teens need boundaries in uncertain times and how to be both flexible and firm when your kids need it most.